



Bedfordshire Amateur Swimming Association
 (Affiliated to Swim England East Region)
The Bedfordshire County Championships (50m) 2023
 (Under Swim England Regulations and Technical Rules)
 Licensed Meet Nos. 1ER230092/1ER230093/1ER230094



SCHEDULE OF EVENTS

Session One

Saturday 21st January – W/U 18:00 Start 18:30

Mixed 1500m Freestyle TF

Session Two

Friday 27th January – W/U 18:00 Start 18:30

Mixed 800m Freestyle TF

Session Three

Saturday 28th January – W/U 08:25 Start 09.30

Men's 200m Freestyle TF
 Women's 100m Backstroke Heats
 Men's 50m Breaststroke Heats
 Women's 200m Butterfly TF
 Men's 400m Individual Med TF

Women's 100m Backstroke Finals
 Men's 50m Breaststroke Finals

Session Four

Saturday 28th January- W/U 12.55 Start 14.00

Women's 100m Butterfly Heats
 Men's 50m Freestyle Heats
 Women's 200m Individual Med TF

Relay Swimmers Only W/U Start 15.00

Men's 50m Freestyle Finals
 Women's 100m Butterfly Finals

Men's 10&11 4x50m MedTeam TF
 Women's 10&11 4x50m MedTeam TF
 Men's 12&13 4x50m MedTeam TF
 Women's 12&13 4x50m MedTeam TF
 Men's 14&15 4x50m MedTeam TF
 Women's 14&15 4x50m MedTeam TF
 Men's Open 4x50m MedTeam TF
 Women's Open 4x50m MedTeam TF

Session Five

Sunday 29th January - W/U 08:25 Start 09.30

Women's 400m Freestyle TF
 Men's 50m Backstroke Heats
 Women's 100m Freestyle Heats
 Men's 200m Breaststroke TF

Relay Swimmers Only W/U Start 11.15

Women's 100m Freestyle Finals
 Men's 50m Backstroke Finals

Mixed 10&11 4x50m FreeTeam TF
 Mixed 12&13 4x50m FreeTeam TF
 Mixed 14&15 4x50m FreeTeam TF
 Mixed Open 4x50m FreeTeam TF

Session Six

Sunday 29th January – W/U 13.55 Start 15.00

Men's 50m Butterfly Heats
 Women's 100m Breaststroke Heats
 Men's 200m Backstroke TF

Relay Swimmers Only W/U start 16.00

Women's 100m Breaststroke Finals
 Men's 50m Butterfly Finals

Women's Open 4x100 MedTeam TF
 Men's Open 4x100 MedTeam TF

Session Seven

Saturday 4th February – W/U 08:25 Start 09.30

Women's 200m Freestyle TF
 Men's 100m Backstroke Heats
 Women's 50m Butterfly Heats
 Men's 200m Butterfly TF
 Women's 400m Individual Med TF

Men's 100m Backstroke Finals
 Women's 50m Butterfly Finals

Session Eight

Saturday 4th February - W/U 12.55 Start 14.00

Men's 100m Butterfly Heats
 Women's 50m Breaststroke Heats
 Men's 200m Individual Med TF

Relay Swimmers Only W/U Start 15.00

Women's 50m Breaststroke Finals
 Men's 100m Butterfly Finals

Women's 10&11 4x50m FreeTeam TF
 Men's 10&11 4x50m FreeTeam TF
 Women's 12&13 4x50m FreeTeam TF
 Men's 12&13 4x50m FreeTeam TF
 Women's 14&15 4x50m FreeTeam TF
 Men's 14&15 4x50m FreeTeam TF
 Women's Open 4x50m FreeTeam TF
 Men's Open 4x50m FreeTeam TF

Session Nine

Sunday 5th February – W/U 08:25 Start 09.30

Men's 400m Freestyle TF
 Women's 50m Backstroke Heats
 Men's 100m Freestyle Heats
 Women's 200m Breaststroke TF

Relay Swimmers Only W/U Start 11.00

Men's 100m Freestyle Finals
 Women's 50m Backstroke Finals

Mixed 10&11 4x50m MedTeam TF
 Mixed 12&13 4x50m MedTeam TF
 Mixed 14&15 4x50m MedTeam TF
 Mixed Open 4x50m MedTeam TF

Session Ten

Sunday 5th February - W/U 13.55

Start 15.00

Women's 50m Freestyle Heats
 Men's 100m Breaststroke Heats
 Women's 200m Backstroke TF

Relay Swimmers Only W/U Start 16.15

Men's 100m Breaststroke Finals
 Women's 50m Freestyle Finals

Men's Open 4x100m FreeTeam TF
 Women's Open 4x100m FreeTeam TF

Warm up Sessions will last one hour unless stated otherwise

800 Free and 1500 Free Warm Up will be 25 Minutes

Relay Swimmers Warm Up will be no earlier than time given and will be for 15 minutes

TF = Timed Final